

Yoga

Yoga promotes better health by exercising all muscle groups as well as emphasizing breathing to release tension. Please bring a mat or folded blanket to lie on.

Beginner: No prior experience

Continuing: These students should have had at least three sessions of Yoga and will continue to improve and control the conditions of every part of the body and mind.

Beginner/Continuing: Instructor will teach both ability levels.

Advanced: These are continuing students looking for an increased level of instruction.

Location: Troy Community Center

Session: Jan 5-March 28 (12 weeks)

Fee: \$110

| Act# | Level | Day | Time | Instr |
|---------|----------|-----|---------------|---------|
| 116320A | Beg/Cont | Mon | 7-8:20 pm | Marie* |
| 116320G | Beg/Cont | Mon | 9:30-10:45 am | Ruth |
| 116320B | Beg/Cont | Tue | 9:15-10:30 am | Janeen |
| 116320C | Beg/Cont | Tue | 8-9:15 pm | Richard |
| 116320D | Beg/Cont | Wed | 6:30-7:45 pm | Janeen |
| 116320E | Beg/Cont | Wed | 9:15-10:30 am | Ruth |
| 116320F | Cont/Adv | Wed | 7:30-8:45 pm | Richard |
| 116320H | Beg/Cont | Thu | 8-9:15 pm | Richard |
| 116320J | Beg/Cont | Sat | 9:15-10:30 am | Janeen |

*116320A held at Bemis Elem; \$92 – 10 weeks-no class 1/19 & 2/16



DanceIT

DanceIT is a dance-fitness program that offers a unique opportunity to unleash the dancer in you while burning fat, increasing strength, and boosting cardiovascular conditioning. Certified instructors will lead you in a series of easy-to-learn aerobic dance routines that target every major muscle group; the result... a leaner, tighter body. Burn calories as you improve your flexibility, coordination and cardiovascular strength. Flexible class attendance allows you to attend class at any time, day or location. Flex time is also used for cancellations at school facilities. In order to learn the new routines, it is suggested that you attend the first three weeks with the same instructor. Babysitting is available for all Community Center classes. Recreation pass holders receive \$10 off the fee listed using Act #116200X.

Session: Jan 5-March 28 (12 weeks)

Fee: \$110

| Act# | Location | Day | Time | Instr |
|---------|----------|------|---------------|---------|
| 116200A | Comm Ctr | M/W | 8:30-9:25 am | Sue |
| 116200B | Comm Ctr | M/W | 9:30-10:25 am | Roxanne |
| 116200C | Comm Ctr | M/W | 6:30-7:25 pm | Theresa |
| 116200D | Martell* | M/W | 6:30-7:25 pm | Sue |
| 116200E | Barnard* | M/W | 7-7:55 pm | Mary |
| 116200G | Comm Ctr | T/TH | 9:30-10:25 am | Ceda |
| 116200H | Comm Ctr | T/TH | 7-7:55 pm | Janice |
| 116200L | Comm Ctr | Fri | 8:30-9:25 am | Ceda |
| 116200M | Comm Ctr | Fri | 9:30-10:25 am | Roxanne |
| 116200N | Comm Ctr | Fri | 6:30-7:25 pm | Ceda |

* No classes Feb 16 and 18

New

Youth Yoga

Pre-teens and teens 11-17 will find this lively class a nice combination of physical challenge, stress relief, relaxation and fun. It's an inspiring way to cultivate confidence, improve focus, increase body awareness, and create a positive body image. Chill out with other teens in this ancient Indian art of self-discipline and development. Plus...yoga is cool. No yoga experience is necessary. All levels welcome, wear loose clothing and bring a yoga mat.

Location: Troy Community Center

Session 1: Jan 5-Feb 9 (6 weeks)

Fee: \$58

| Act# | Location | Day | Time | Instr |
|---------|----------|-----|-----------|-------|
| 116321A | Comm Ctr | Mon | 7-8:15 pm | Linda |

Session 2: Feb 23-March 30 (6 weeks)

Fee: \$58

| Act# | Location | Day | Time | Instr |
|---------|----------|-----|-----------|-------|
| 116321B | Comm Ctr | Mon | 7-8:15 pm | Linda |

Tai Chi-Chu'an

This martial art, called "Chinese Yoga," by some, is a gentle meditative exercise that is easy on the joints and suitable for ages 9 through 99 and any fitness level. Tai Chi practitioners attest to a variety of benefits from an improved golf swing to greater focus, and concentration in individuals with ADHD. Health benefits include improved balance, flexibility, breathing, sleeping, blood pressure, digestion, and reduced stress. It has been shown to increase bone density in post-menopausal women at risk for osteoporosis. Join our group of fun and dedicated Tai Chi students in learning this ancient art. **Instructor:** Susan

Location: Troy Community Center

Session: Jan 8-March 26 (12 weeks)

| Act# | Level | Day | Time | Fee |
|---------|---------|-----|--------|------|
| 116376A | Beg/Int | Thu | 6-7 pm | \$98 |
| 116376B | Int/Adv | Thu | 7-8 pm | \$98 |

Fitness Factory

Mat Pilates

According to Joseph Pilates, "Pilates is designed to give you suppleness, natural grace and skill that will be unmistakably reflected in the way you walk, the way you play and in the way you work." Redressing unbalances and altering movement patterns bring your body back into balance. This intensive mat workout enhances posture, flexibility, endurance and balance while toning and firming your powerhouse (core). Pilates is great for all fitness levels and ages. Wear comfortable clothing and bring a mat to class. Recreation pass holders receive \$10 off fee listed and need to register by mail or in person using Act #116565X (discount not available online).

Location: Troy Community Center

Attend all of these classes: #116565G T and Th \$238

Session: Jan 6-March 26 (12 weeks)

| Act# | Day | Time | Fee |
|---------|----------|--------------|-------|
| 116565A | T or TH | 5:30-6:25 pm | \$96 |
| 116565B | T and TH | 5:30-6:25 pm | \$168 |
| 116565E | T and TH | 9-9:55 am | \$168 |
| 116565F | T or TH | 9-9:55 am | \$96 |

Zumba

Zumba is an extremely fun workout based on interval training, which is effective in burning calories and keeping the heart rate up. The dance-sculpting-combo class is set to Latin and various ethnic types of music. You don't have to know how to dance because the steps and routines are very easy to follow. This class will get you moving for a high-energy class toning and shaping your whole body.

Location: Troy Community Center

Session: Jan 6-March 26 (12 weeks)

| | | | |
|---------|----------|--------------|-------|
| 116565C | Tue | 6:30-7:25 pm | \$96 |
| 116565D | T and TH | 6:30-7:25 pm | \$168 |
| 116565H | Thu | 6:30-7:25 pm | \$96 |

Senior Balance and Stretch

For persons 55 and older. Get things back in "Balance" and "Stretch" out your days with instructor Ilene Hill. This class will increase your core strength and movement in order to improve your flexibility and stability for all your daily activities. Students must be able to do mat work on the floor. Bring a towel or pillow for your head.

Location: Troy Community Center

Session I: Jan 5-March 11 (10 weeks)

| Act # | Day | Time | Fee |
|---------|-----|-----------|------|
| 118983A | Mon | 9-9:50 am | \$34 |
| 118983B | Wed | 9-9:50 am | \$34 |

Body Images

Unlimited class allows you to attend both classes. Recreation pass holders receive \$10 off fee listed and need to register by mail or in person using Act #116301X (discount not available online).

Session: Jan 6-March 26 (12 weeks)

| | |
|--------------------|---------------------------|
| Act# 116301C | \$126- Unlimited |
| Act# 116301A and B | \$110- Two times per week |

CARDIO AND WEIGHTS

What a great combination! Low impact aerobics with intervals of light weight training targeting muscles of the upper and lower body, including great abs and gluts! Increase your BMR and lose weight fast in this awesome class that will give you all you need to get in great shape NOW!

| Act# | Day | Location | Time | Inst |
|---------|------|----------|-----------|--------|
| 116301A | T/TH | Comm Ctr | 6-6:55 pm | Tracey |

STEP POWER HOUR!

This all STEP class incorporates fun, energizing intervals of step aerobic patterns giving you the ultimate cardio workout! Resistance training using hand held weights for upper body strengthening along with awesome abs, hip and thigh exercises conclude this awesome hour. Wear good aerobic shoes and get ready to shape up your body FAST!

| Act# | Day | Location | Time | Inst |
|---------|------|----------|-----------|--------|
| 116301B | T/TH | Comm Ctr | 7-7:55 pm | Tracey |

Personal Training

Available at the Troy Community Center

Whatever fitness goals you seek, this program will get you there! Our personal training staff will design a program precisely to meet your needs. Whether it's losing weight, gaining muscle, diet management, increasing flexibility, endurance or simply monitoring your workout, we will help you achieve your goal!

Our certified Personal Trainers are dedicated to the promotion of a healthy lifestyle. Invest in the solution to your physical fitness goal by initiating a positive change with the guidance of a Personal Trainer.

Call or stop by the Troy Community Center today to learn more about our Fitness Room and our Personal Training staff. Let us help you to achieve your goals!

Call and ask about our FREE evaluation - 248.526.2657!



Flex Into Fitness

These classes are flexible even when your schedule is not. Great classes at great times; pay one fee and attend any of these classes. Most classes held at the Troy Community Center. Trained instructors are nationally recognized and certified. An emphasis on monitoring your heart rate will be part of these classes. Recreation pass holders receive \$10 off fee listed using Act# 116550X.

Session: Jan 5-March 28 (12 weeks)

Fee: \$110

Cardio Interval

This intermediate to advanced level class will alternate a variety of cardio work with muscle conditioning. Cardio segments may include step, hi/lo, kickboxing and/or spinning. Muscle conditioning may include use of hand weights, body bars, tubing, and/or balls. No two classes the same.

| Act# | Location | Day | Time | Inst |
|---------|----------|-------|-----------|-------------|
| 116550D | Comm Ctr | M/W/F | 9-9:55 am | Dana/Renata |

Power Sculpt

Use controlled movements set to music to tone all major muscles. Hand weights, body bars, bands, and firm body resistance will be used to increase strength and improve muscle definition. This class can be used as a supplement to your cardiovascular workout.

| | | | | |
|---------|----------|-------|-------------|-------------|
| 116550E | Comm Ctr | M/W/F | 10-10:55 am | Dana/Renata |
|---------|----------|-------|-------------|-------------|

Resistance Training

Use hand weights, body bars, bands, and body resistance to increase muscle endurance and improve definition. Work both upper and lower body using controlled movements set to music. This class may be used as a supplement to your cardiovascular workout.

| | | | | |
|---------|----------|-----|---------------|------------|
| 116550U | Comm Ctr | M/W | 7-7:55 pm | Ellen/Joan |
| 116550F | Comm Ctr | Sat | 9:30-10:25 am | Ellen |

Step Up and Tone

Improve your cardiovascular conditioning and increase muscle strength. This class is designed for those who want a great workout without complicated choreography. Steps provided.

| | | | | |
|---------|----------|-------|--------------|--------|
| 116550A | Comm Ctr | M/W/F | 6-6:55 am | Renata |
| 116550B | Comm Ctr | T/TH | 7:30-8:25 pm | Joan |
| 116550C | Comm Ctr | Sat | 8:30-9:25 am | Joan |

The Core

A strong core is critical to better posture and injury prevention. Improve total body strength, core muscular endurance, balance, joint stability and flexibility while focusing on your "core" muscles, specifically abdominals and lower back. This class is 30 minutes of focused isolated resistance and will complement your regular cardiovascular routine.

| | | | | |
|---------|----------|-------|--------------|-------------|
| 116550T | Comm Ctr | M/W/F | 8:30-8:55 am | Dana/Renata |
|---------|----------|-------|--------------|-------------|

Easy Does It

This class is specially designed for those beginning, returning to exercise, overweight, and senior participants. Get a good workout without frustration. Achieve improved muscle strength, tone and balance.

| | | | | |
|---------|----------|-------|-----------|---------|
| 116550J | Comm Ctr | M/W/F | 8-8:55 am | Valerie |
|---------|----------|-------|-----------|---------|

High Intensity Instructors Choice

Vary your workout to stay motivated, challenged and prevent muscle memory. Class format will alternate each week to include cardio, step, interval, cardio-kick, and resistance. This is a high intensity class.

| | | | | |
|---------|----------|-----|-----------|-------|
| 116550L | Comm Ctr | M/W | 6-6:55 pm | Ellen |
|---------|----------|-----|-----------|-------|

Lo/Cardio plus Toning

Increase your capacity to burn fat, gain cardiovascular conditioning, enhance muscle strength and tone in a fun non-competitive atmosphere. Low impact aerobics will be followed by awesome muscle conditioning, a thorough stretching and a relaxing cool down. Bring hand-held weights and a mat.

| | | | | |
|---------|----------|-----|-----------|--------|
| 116550S | Comm Ctr | Fri | 6-6:55 pm | Renata |
|---------|----------|-----|-----------|--------|

Group Cycle

This stationary bike class will motivate you with an incredible and energizing cardio workout, which will send fat burning and endurance into high gear. Intermediate to advanced class.

| | | | | |
|---------|----------|-------|--------------|------------------|
| 116550N | Comm Ctr | M/W/F | 6-6:55 am | Michelle/Therese |
| 116550P | Comm Ctr | M/W | 5:30-6:25 pm | Fawn/John |
| 116550Q | Comm Ctr | Sat | 8:15-9:10 am | Therese |

Cycle and Sculpt

This class is a combination of group cycle and power sculpt. Each class will consist of a high-energy cardio workout followed by an instructor's choice strength segment. Get ready for an all-around low impact experience.

| | | | | |
|---------|----------|------|--------------|---------|
| 116550M | Comm Ctr | T/TH | 8:15-9:10 am | Marilyn |
| 116550V | Comm Ctr | T/TH | 5:30-6:25 pm | John |
| 116550W | Comm Ctr | T/TH | 4:30-5:25 pm | Marilyn |

Swiss Ball

Improve your balance, core strength (abs), joint stability, and stabilizer muscles, assist in functional movement and sport specific requirements needed for all levels of life. For beginner to advanced students. Classes are limited to 20.

| | | | | |
|---------|----------|-----|--------------|-------|
| 116550K | Comm Ctr | Mon | 7:30-8:25 pm | Susan |
|---------|----------|-----|--------------|-------|

Register for these classes online at:

www.troymi.gov/parksandreconline
beginning December 3 at 8 am;
more registration details on page 87.